BENGALURU, MONDAY, FEBRUARY 12, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 17 | Humidity 35% Clear with periodic clouds Sensex 71,595 | Nifty 21,782 | Gold 62,303 | Silver 70,774 | Dollar 83.01 | Euro 89.49 | GBP 104.84

Measures proposed to minimise ecological impact of Peripheral Ring Road aka Bengaluru Business Corridor

ECOLOGIC MOBILITY

'Polycarbonate noise barriers to reduce noise levels by half'

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

As the Peripheral Ring Road project gains momentum, environmentalists are concerned about the ecological impact.

In the environment impact assessment (EIA) of 2022, the Karnataka State Pollution Control Board (KSPCB) had suggested installing sound barriers in areas adjoining the project.

For the construction of the PRR, now known as Bengaluru Business Corridor, roughly 19.5 acres of Jarakabande Reserve Forest will be diverted, and the project will come up within the boundary of Bannerghatta National Park and Puttenahalli Bird Conservation Reserve located at a distance of 7.21 km and 1.49 km respectively.

Out of 36,824 trees facing axe, 13,355 trees will be felled in the TG Halli catchment area and 631 trees in

CONTINUED ON PAGE 8 »

KENTARO KOMADA/UNSPLASH

"At least 20% of the project cost should be spent towards improving the environment — Dr AN Yellapa Reddy, environmentalist

Green rebellion

10-storey building 'not needed' at Cubbon Park

PAGE 3

Sunday is funday @ VK Street Sambhrama

SRIDHAR KS & GANESH

A celebration of community & culture unfolds

In a city where the streets are typically bustling with vehicles, VK Street Sambhrama, organised by Vijay Karnataka and Bangalore Mirror, provided residents of Dasarahalli and Bagalagunte with a rare opportunity to reclaim their roads and transform them into a vibrant carnival atmosphere. This special Sunday event brought together people from all walks of life to celebrate community, culture, and creativity. As families poured onto the streets, the air was filled with excitement and anticipation. For many, it was a chance to experience their neighborhood in a whole new light, as a small stretch of road was closed off to traffic and transformed into lively hubs of activity.

Inaugurating the programme, Congress leader from Dasarahalli Dhananjaya said that he was happy to see such a huge gathering and was happy to be part of it. Actress Bhavana said that she had earlier seen such program in papers but was now thrilled to be part of it. Shantrunjay Sharan, one of the attendees of the programme said, 'I have been working as a physiotherapist in this area for more than a decade but had never seen such an electric atmosphere. It felt like a special Sunday where everyone came together to enjoy themselves and connect with their neighbours."

The day was packed with a variety of events and activities to cater to people of all ages and interests. Kids eagerly participated in a painting competition, showcasing their artistic talents and imagination. Meanwhile, beatboxing and DJ performances provided a rhythmic backdrop to the festivities, encouraging spontaneous dance sessions among the crowd. For those looking to break a sweat, dance and fitness sessions led by Dighant and Dhrutam Studio of Dance offered an invigorating workout. The energetic routines had participants moving and grooving to the beat, embracing the joy of movement and music.

Nrityakala, dance group, mesmerised the audience with their captivating performances, showcasing the rich diversity of dance styles from across the country. From classical to contemporary, their routines captivated the crowd and left them in awe of their talent and skill. Safety was also a key focus of the event, with a fire safety drill emphasizing the importance of traffic rules and road safety awareness. But it wasn't all about physical activity—there were plenty of lighthearted moments too. The lemon and spoon race brought out the competitive spirit in both children and adults, while laughter yoga sessions led by Bhuvana Benaka Koota brought infectious smiles and laughter to all participants. Yoga enthusiasts found solace and serenity in Chitra BG's yoga sessions, where they were able to unwind and find inner peace amidst the hustle and bustle of the event. And for those with a flair for the unconventional, skating dance by skating academy students added a touch of excitement and novelty to the proceedings.

Day was packed with a variety of events and activities that saw active participation from people of all ages and interests

"The energy on the streets was contagious. It was refreshing to see families out and about, enjoying the festivities and creating lasting memories. It was so much fun to see the children expressing themselves through art. Events like these encourage creativity and bring out the best in our young ones. It was such a joyous atmosphere, and everyone seemed to be in high spirits.Events like these help raise awareness and promote safer communities", said Raghavendra HB, another participant. Overall, VK Street Sambhrama was more than just an event—it was a celebration of community spirit, creativity, and togetherness. As the day drew to a close and the sun dipped below the horizon, attendees left with cherished memories of a truly unforgettable experience.

— Prakash VL

Scenes from a cultural fete, fitness and meditation sessions, dance and yoga events at the VK Street Sambhrama held on Sunday

For Bengaluru's green soul, united we stand

Citizens' opposition to proposed 10-floor building at Cubbon Park premises was loud and clear on Sunday

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

PICS: KAUSHIK JN

People from all walks of life gathered on Sunday to oppose any further encroachment of Cubbon Park, the city's precious lung space. This cross section of people, young and old, had a common thread - their love for the environment - as they cheered the view that "Cubbon is an Emotion.....not merely a Park".

The protest was organised to oppose the government's decision to construct a 10-floor building for the Karnataka High Court. People reminisced about their childhood memories and spoke about why they stood united against this proposal. They shouted slogans such as 'Park Beke Buku - Concrete Beda'.

"We at BRWA call for the collective to take steps towards seeking a permanent injunction and a final public notification of the entire area as a green zone to ensure that it remains protected for generations to come. We remain firmly of the view that the committee seeks an alternate accommodation for the High Court Annexe High Rise Building, which is much needed as well for its growth and effective functioning. Just not in our park," said R Rajagopalan, Convener, Bengaluru RWA.

> **"Apart from the uneasy feeling of déjà vu there is a feeling that the departments are not talking to each other to get a more holistic sense, or the ministers don't have a pulse on citizens**

Stating that Cubbon Park is not a location for the city but is and always will be its soul and sanctuary, Priya Chetty Rajagopal, a heritage activist, said that it is therefore unsurprising to see the reaction of a possible 10-storeyed building in Cubbon Park particularly as it's just four years after the initial attempt to set up a building in the same place.

"Apart from the uneasy feeling of painful déjà vu there is a feeling that the departments are not talking to each other to get a more holistic sense of the issue, or the ministers don't have a pulse on Bangalore's people," said Rajagopal.

She said this will create far more uprising and anger than the possible benefit created at such cost. "The actual issues of space needed for the courts is undoubted, and must be addressed, but it must be outside of this pristine green jewel. Just within two days of the online petition www.change.org/NoHighRiseCubbonPark, it has crossed 8,500.

The increasing enjoyment Cubbon Park has in common by its own citizens, is something that should never be affected. Allowing traffic back on alternate Saturdays is another retrograde step. We trust our government and judiciary to take the right call in public interest," she said.

Condemning the state government's decision to construct a high-rise building in Cubbon Park, S Umesh, president, Cubbon Park Walkers' Association has said the statement government should and must cancel its plan to construct the high-rise building.

"I demand the state government not to go ahead with its plan of constructing a high-rise building and should and must not allow concretisation of Cubbon Park. I want the horticulture department to depute an officer who has a concern about Cubbon Park," said Umesh.

Coming down heavily on the state government, Peter Samson, a social activist from Shanthala Nagar ward, has demanded the authorities concerned to cancel the plan immediately. "It is the only park and lung space in Central Bengaluru. Cubbon Park is being ruined in the name of development," said Samson.

Vinod Jacob, Namma Bengaluru Foundation, said the garden city has suffered a significant loss of green spaces, and people cannot bear any more sacrifices of their parks and playgrounds.

"We need to safeguard and revive the iconic Cubbon Park, preserving its heritage and rejecting further hardscaping and development. The looming threat of climate change has already struck our city, subjecting us to extreme weather during summers and monsoons.

It is now, more than ever, imperative to prioritise the protection and restoration of our green and common spaces," said Vinod.

Speed kills, but speeding continues

| Ahna Prakash
c-ahna.prakash@timesgroup.com
TWEETS @BangaloreMIRROR

In a recent report released by the Ministry of Road Transport and Highways, concerning revelations have emerged regarding the prevalence of traffic violations contributing to road accidents in India. Speeding has emerged as the most common transgression.

According to the report, speeding was a significant factor in 71.2% of all road accident fatalities in 2022 alone. This impacted three lakh individuals who were victims of the accidents.

The data revealed a disturbing trend of escalating road accidents across various categories from 2020 to 2022. Particularly alarming was the exponential surge in accidents related to jumping red lights, which more than doubled from 2,721 instances in 2020 to a concerning 4,021 incidents in 2022.

The rise in accidents associated with drunken driving or the consumption of alcohol and drugs was disturbing too. In 2022, a total of 10,080 accidents were attributed to drunk driving, marking a spike from the 8,355 incidents reported in 2020.

The report also shed light on the perilous habit of using mobile phones while driving, which contributed to 7,558 accidents in 2022 alone.

Even Bengaluru is a hotspot for such accidents due to speeding. In a recent case a collision between a speeding lorry and a bus on the outskirts of Hoskote, has left passengers seriously injured. The lorry struck the bus from behind, causing chaos.

A woman was seriously injured and found lying in a pool of blood. Emergency services rushed to the scene, promptly transporting the injured woman to a nearby hospital.

Please put pre-loved and not unwanted items in the bank

| Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

In a heartwarming initiative just in time for Valentine's Day, a group of enthusiastic volunteers in Bengaluru is launching the 'pre-loved bank', a unique project aimed at promoting sustainability and sharing love with the underprivileged. The initiative is set to kick off on February 14, spearheaded by the passionate members of the 'Ploggers Army'.

The pre-loved bank is centered around the idea of repurposing and reusing pre-loved items, including toys, books, and stationary. Drop points will be strategically placed across the city, including popular areas like Whitefield, Malleswaram, Hennur, and more. These drop points will serve as convenient locations where people can contribute their pre-loved items, knowing that they will be repurposed to bring joy to those less fortunate.

Raj, one of the key organisers, expressed the motivation behind extending the initiative across the city.

"Many individuals want to contribute to charitable causes but often struggle to find suitable locations for dropping off items. By establishing pre-loved bank centres in multiple areas, the process becomes more accessible, allowing people to easily donate and make a positive impact in their community," he said.

The initiative aims to collect a variety of pre-loved items, ranging from books and toys to stationary. Once these items are collected at the pre-loved bank centres, volunteers will sort and distribute these items to the underprivileged, creating a seamless process from donation to delivery.

What sets the pre-loved bank apart is its commitment to sustainability. Items that cannot be reused will be sent to recycling centres, emphasising on the importance of responsible consumption and waste reduction. This ensures that even rejected items contribute to environmental conservation, promoting a circular economy.

Younes Matheen who feeds the needy daily is going to be a key partner for this as the volunteers will use his house to store all items. Ravi from Feed The Needy is going to be part of storage/distribution at East Bengaluru.

Raj said, "We also invite those who come to drop off items to participate in the distribution process. By involving the community in the distribution efforts, the initiative fosters a sense of shared responsibility and community engagement. This approach helps bridge the gap between those who want to donate and those in need."

Halt only at bus stops, don't open door too soon

... And other tips that bus drivers received at training and motivational programme organised for them

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The BMTC management's arrangements to organise road safety programmes for its drivers since November to them to follow traffic rules has got a good response

With Bangalore Metropolitan Transport Corporation (BMTC) buses being involved in 12 road accidents in October, the management's arrangements to organise road safety programmes since November to motivate drivers to follow traffic rules has got a good response. Since November, though BMTC buses have been involved in road accidents, the number of people killed has come down drastically.

The BMTC management, in association with traffic wardens and traffic police, organised a road safety programme at Kalasipalyam Bus Station for drivers. Around 50 drivers attended the programme. A BMTC officer said the road safety programmes will continue every Saturday. "There are around 3,000 drivers in BMTC South Division. The total number of drivers working with the BMTC is around 15,000 in the city. I am making arrangements to ensure all the drivers in BMTC South Division attend the road safety programme. I am very happy with the positive results from the programmes. The number of accidents has come down," said the BMTC officer.

Bangalore Mirror
Police help bus drivers steer safe

BM had reported on Feb 5 about traffic police's take on training for bus drivers

Thanking the BMTC management for organising the road safety programme, Diwakar E, who has been working as a driver for 25 years, said the programme would motivate the drivers to follow the traffic norms. "The traffic wardens and traffic police have explained to us why we should not stop the bus before or after the designated place (bus shelters) and how it causes traffic jams and inconvenience to commuters and motorists. They have also explained why bus doors should not be opened until the bus reaches the bus station or stop," said Diwakar.

He said the other important tip the participants got is that they should not drive a bus if it is not in a good condition. Chief Traffic Warden CV Muralidhara said that he is very happy to attend road safety programmes for BMTC drivers. "It is a very good motivational programme. Many of the participants told me that they benefited from the road safety programme. I want more and more people to join the Bangalore City Police Traffic Warden Organisation to become traffic wardens and assist traffic police in regulating the movement of vehicles on the city roads," said Muralidhara.

> **"It is important for bus drivers to attend motivational programmes. As for traffic wardens, they too must undergo training** – MN Sreehari, expert

He appealed to the public to join the Traffic Warden Organisation as Bengaluru needs more hands to chip in. "As of now 870 people are working as traffic wardens and 140 people are expected to become traffic wardens. Those who want to become traffic wardens should be between 25 years and 55 years of age and be ready to undergo two-day training at the Traffic Management Centre on Infantry Road. Minimum qualification is PUC and the candidates should have regular income and be ready to work for four hours a week. The retirement age for traffic wardens is 65," he said.

However, Prof MN Sreehari, a traffic expert and former Deputy Chief Warden, said the BMTC drivers work under pressure which is the main cause for accidents. "It is very important for BMTC bus drivers to attend motivational programmes. As for traffic wardens, they too must undergo proper training before participating in motivational programmes. They should also focus on PU and Degree Colleges instead of primary or high schools to create awareness on road safety," said Sreehari.

Students pour their art out in metro station

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

The weekend, the Cubbon Park Metro Station transformed into an artistic hub as students from Mahe Bangalore, in collaboration with the Bangalore Metro and Srishti Manipal Institute, embarked on their 'Art in Transit' project. Gate C of the station was the focal point for this unique initiative on February 10 and 11, from 12 pm to 4 pm.

As part of this initiative, students were stationed at the metro, creating drawings for commuters. What sets this venture apart is the unconventional exchange system - these drawings can be bartered, encouraging commuters to create their own artworks in return. The aim is to amass over 1,000 drawings, forming the basis for a collaborative map whose outcome remains a mystery, eagerly anticipated by both the artists and commuters.

The project sheds light on the often-overlooked spaces within the metro network, challenging the prevailing narrative that prioritises destinations over the journey itself. "The project operates at the Cubbon Park station and hopes to make all the movement that happens there, underground visible. Nobody comes to the metro station, they come from somewhere and are on their way to someplace else."

The students engage with commuters, collecting their stories through drawings and exchanging them with their own artworks as a form of currency. This artistic endeavor aims to capture the nuances of the before, after, above, and beside the standard 'Cubbon Metro Station' narrative.

Tanya Sudheer and Sanjana P, BVOC students specialising in illustration in the Graphic Arts and Design Program at Srishti Manipal Institute, expressed their motivation behind the project, saying, "We wanted to share art with people and thought what better way than to hold a party, spending time at the metro. Our first trial run drawing with people showed what a collaborative and fun experience it could be, and led us to conceptualise this art trade of sorts."

Beyond its creative aspect, the 'Art in Transit' project serves as a valuable learning methodology for students, bridging the gap between classrooms and the real world. It fosters interaction with the community and assigns value to the often-overlooked elements of daily life.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Parking trouble

Yelahanka New Town

Despite the presence of No Parking signs, vehicles continue to be parked, posing a hazard to pedestrians in Yelahanka New Town. Authorities have taken no action to address this issue.

Messy path

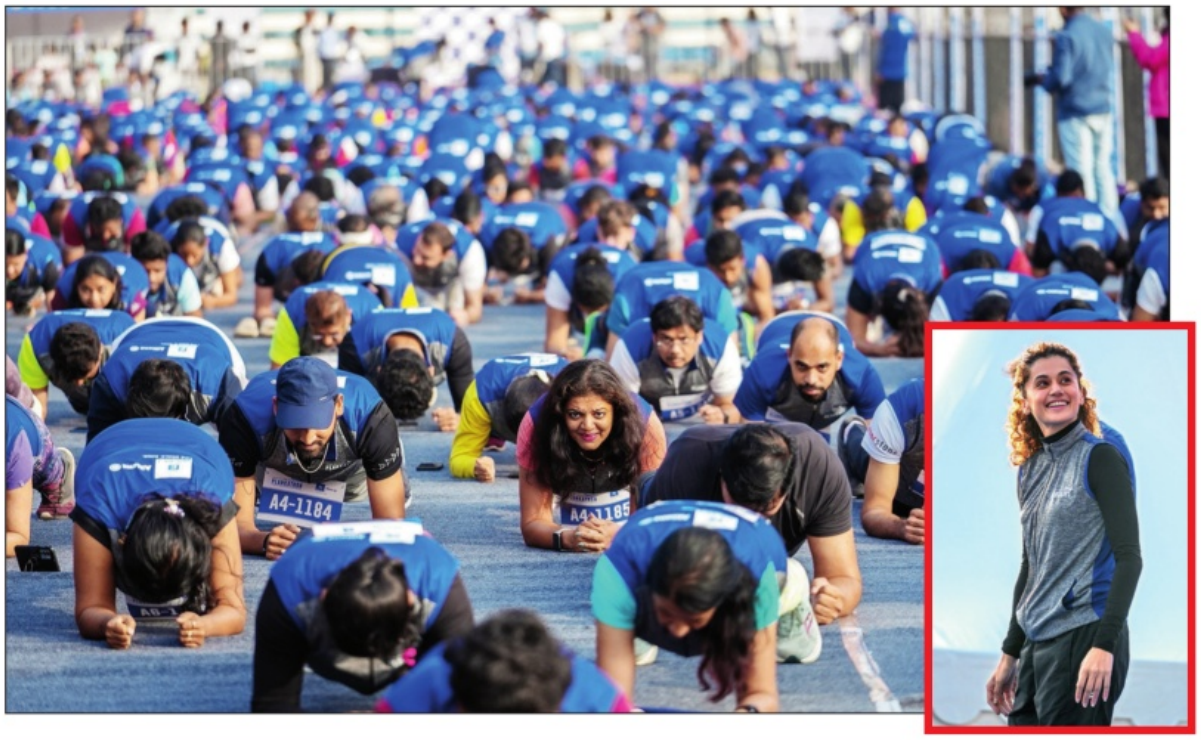
Kaggadasapura

A section of Kaggadasapura Main Road between DRDO Gate 5 and Purva Seasons Apartments has been consistently misused as a urinal and dumping ground for several years, rendering the footpath unusable. Additionally, fruit vendors and vehicle owners have taken to using this stretch for permanent parking.

Power hazard

Nandini Layout

There is a hazardous situation at the Nava Nandini (BHEL) Park in BHEL Officers' Colony, Nandini Layout. The electrical junction box's door is open, and poses a danger to all, especially to the young children playing in the vicinity. Immediate attention and action are required to address this perilous situation.



Hold it

A Guinness World Record was created after thousands paid tribute to Indian Space Research Organisation (ISRO) for its accomplishments by creating the largest online video album of people holding the abdominal plank in Bengaluru. Actor Taapsee Pannu was the star attraction at the event

PIC: KAUSHIK JN

Stern warning: Get tax or explain why you failed to

27 BBMP officials served show cause notices over non-collection of taxes; asked to respond in 12 days

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

Now, Bruhat Bengaluru Mahanagara Palike (BBMP) officials are under scrutiny for their failure to collect taxes from defaulters. BBMP Chief Commissioner Tushar Giri Nath said, "We are taking this issue very seriously and intend to issue a stern warning."

Notices have been dispatched to Assistant Revenue Officers in each zone, including seven in Bommanahalli, seven in the South Zone, five each in East, West, Yelahanka, Dasarahalli and Mahadevapura. Overall, a total of 27 officials have been served show cause notices and are required to respond within 12 days.

Besides its own officials, BBMP is also trying to catch tax evaders. Around 78,254 property owners in the city have incorrectly declared their taxation zones to evade taxes. The Bruhat Bengaluru Mahanagara Palike (BBMP), striving to boost revenue, is now targeting residential and commercial property owners who have provided inaccurate data regarding their zones. BBMP zones, categorised from A to F based on development index, determine tax rates, with the highest in A zone and the lowest in F zone. For instance, some property owners in A zone might declare their property in a different zone to reduce taxes under the Self Assessment Scheme (SAS).

7,891 property owners responded to notice on differential amount

> **We intend to publish the names of 50 tax defaulters from each zone. With only 49 days remaining in this fiscal year, we aim to collect taxes from those who have not yet paid** –BBMP official

BBMP officials are now identifying those who have misrepresented their taxation zones and imposing fines. The civic agency anticipates generating approximately Rs 200 crore through these measures. A BBMP official stated, "Many individuals provided false zone information to evade taxes. Therefore, BBMP initially planned to collect the balance amount, impose fines, and collect interest. We have identified 78,254 property owners who declared incorrect zones and anticipate collecting Rs 440.37 crore from them. Considering various exceptions, BBMP decided to waive the double fine and only collect the differential amount." The SAS scheme, introduced in 2008-09, relies on self-declaration from taxpayers. However, in 2016-17, taxes were revised, and taxpayers could declare and pay online or through selected banks. Despite this, 78,524 property owners provided incorrect data in an attempt to defraud BBMP.

Deceitful practices

Upon scrutiny, BBMP discovered 78,254 individuals engaging in deceitful practices. In accordance with the BBMP Act, BBMP decided to collect the differential amount from the 2016-17 fiscal year and impose double fines. On October 4, 2021, BBMP requested government permission to cease double fines, resulting in a loss of Rs 233.77 crore. Although notices were issued, only 7,891 property owners responded, paying an additional Rs 13.13 crore.

Going a step ahead, BBMP now plans to publicly disclose a list of defaulters. An official stated, "We intend to publish the names of 50 tax defaulters from each zone. With only 49 days remaining in this fiscal year, we aim to collect taxes from those who have not yet paid. Zonal commissioners have been tasked with compiling the list, which will be posted on BBMP's website." In previous years, BBMP resorted to unconventional methods like drumming outside defaulters' offices to publicly shame them and collect taxes. However, this approach was discontinued due to public criticism and political pressure.

Concession or penalty?

Discussions are on whether to impose substantial penalties or offer concessions to those who fail to pay property tax on time. Recently, Deputy Chief Minister DK Shivakumar had hinted that plans were underway to decrease penalties for individuals who fail to pay property tax, with the caveat that this reduction would apply to specific sections as numerous requests have been received for a reduction in property tax and penalties, particularly for 30x40 sites and sheds. The 2020 law imposes significant penalties for delays in property tax payments, and amendments to this law are necessary.

Flood-proof city's roads, via its drains

BBMP plans to upgrade shoulder drains using fiber-reinforced polymer at areas most prone to waterlogging

Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

After upgrading gratings with composite fibre-reinforced polymer (FRP) structures, the Bruhat Bengaluru Mahanagara Palike (BBMP) is now upgrading shoulder drains with the same material. These drains will be set up in areas most prone to waterlogging as suggested by the traffic police, say BBMP officials.

With both road gratings and shoulder drains completed with FRP-based chambers and silt traps, BBMP hopes to reduce waterlogging on roads. Reduced waterlogging can effectively increase the life of roads.

Often during rains, Bengaluru roads get waterlogged and the traffic comes to a near standstill. One of the reasons for this problem is broken drain covers and clogged silt traps. Waterlogged roads could easily be drained with shoulder drains and gratings.

Bangalore Mirror
Grate power
City to get composite fibre-reinforced polymer gratings

On January 20, BM had reported that BBMP plans to upgrade gratings with FRP

BBMP has floated a tender for the construction of new shoulder drains with fibre-reinforced polymer silt trap chambers in selected arterial and sub-arterial roads in Bengaluru. The project has been envisioned by the traffic engineering cell of the BBMP's RI division at the cost of Rs 6.05 crore.

"We are planning a new measure to install RFP shoulder drains similar to the ones used in TenderSure roads. With FRP shoulder drain covers and concrete silt trap, there was some issue with the design leading to flooding on roads. Now, the whole system will have FRP material and is likely to reduce flooding on roads," said a senior BBMP official.

BBMP is taking up the installation of 1,000 shoulder drains in arterial and sub-arterial roads based on suggestions by traffic police. The traffic police had sent a list of roads that face constant waterlogging to the BBMP and the locations for the shoulder drains were picked from the list. The FRP drain covers have a longer life compared to the 10-15 years life of metal drains. These ratings have been built to carry 40 tonnes of weight.

NGT order, what's that? Authorities do not care

No improvement in deteriorating condition of Yelle Mallappa Shetty Lake

Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMIRROR

Debris dumping, sewage inflow and encroachment issues persist at Yele Mallappa Shetty Lake

Despite the National Green Tribunal order issued in 2021 on Yele Mallappa Shetty Lake, there has been no change in the scene on the ground. Lake activists say that officials have not moved a finger towards restoring the lake's glory.

Spread over 490 acres, the lake is known to be Bengaluru's first bird diversity hotspot but has become synonymous with negligent behaviour by its custodians. Due to the lack of fencing, apart from the sewage inflow, rampant encroachment and debris dumping has been happening at the lake buffer zone. Besides encroachment by layouts, residents and lake activists allege that lake premises are used to dump solid waste, medical waste, cattle carcasses and C&D waste.

The lake, currently with the minor irrigation department and BBMP, is the lowest in the HN valley series and sees an inflow of sewage and pollution from all the upper lakes. Even the minor irrigation department has taken up construction work for a pumping station inside the lake.

In 2022, the state government had given a special grant of Rs 120 crore for the rejuvenation of two lakes—Madiwala and Yelle Mallapa Shetty Lake but still, officials have not been able to complete the basic task of fencing the lake which could effectively protect the lake from misuse.

In 2021, the NGT, Southern Zone, Chennai, issued a judgement regarding Yelle Mallapa Shetty Lake stating no further construction can take place apart from the existing Pump House and public utilities. However, officials were asked to ensure the free flow of water into the lake and the necessary vents for the purpose. BBMP was asked to complete the underground drainage system and provide necessary STPs, and complete work by December 2027. Action is to be taken against private parties involved in discharging untreated sewage into the lake. The revenue department was asked to conduct a survey and take necessary action within six months. The Pollution Control Board was also directed to take action against violations of SWM Rules 2016 and liquid waste management.

> **Officials have been making claims that fencing work will be taken up but no action was taken. Sewage continues to enter from the northwest side of the lake** –Balaji Ragotham, activist

Failure of action compelled the residents to file another case with NGT in 2023 and it's still ongoing.

However, activists fear that prolonged negligence could lead to it turning into a dead lake.

"It's a neglected lake and is Bengaluru's first bird sanctuary lake. The state of the lake is disrespectful to Sri Yelle Mellapa Shetty. Officials have been making claims that fencing work will be taken up but no action was taken. Sewage continues to enter from the northwest side of the lake with most sewage coming in from Yelahanka. There is also untreated sewage being discharged into the lake. There is garbage, medical waste, and C&D waste dumping happening regularly. We have been flagging the issues and requesting for revival since 2011 and officials have been promising fencing since 2013. In 1991, we used to drink the water from this lake" said Balaji Ragotham, a lake activist.

The lake has a functional 15 KLD STP but the system is overwhelmed due to increased pollution into the lake.

"We had filed a petition with NGT for the rejuvenation of the lake and the removal of all encroachments. There is a pumping station constructed by the MI department inside the lake but it was permitted by NGT. Seeing an ignorance of NGT directives by officials, we filed another case with NGT in 2023," said Jagan Kumar, a petitioner in the case.

The poor state has also turned the lake into a breeding ground for mosquitoes. "For the past seven years, there has been no improvement. We are now facing mosquito menace too," said a volunteer with Medahalli Rising.

Postcards to stop rail line in Bandipur

Swayam Jagruti, a volunteer group, held a postcard signature campaign against the proposed 236 km broad-gauge railway line that will run through Bandipur National Park.

The campaign was held at Gandhi Bhavan in Bangalore University, where volunteers gathered to collect post cards with signatures from many walking enthusiasts around the Bangalore University campus. Ajay Kumar C, President of Swayam Jagruti, said that the event was successful, with the volunteers being able to collect more than hundred of post cards with signatures. Around 200 of the collected postcards will be collated and sent to Prime Minister's Office (PMO).

The railway line has been proposed with the objective of connecting Nilambur in Kerala to Nanjangudi in Karnataka. However, wildlife experts have raised their concerns over the potential ecological

Volunteers gathered at Gandhi Bhavan in Bangalore University for the campaign

impact of the railway line if the project is implemented, effecting Bandipur and Nagarahole national parks. The Kerala government has reasoned the proposal with the project's potential to improve interstate connectivity, resulting in significantly reducing the time required to travel between the two states as the distance is reduced. The railway line would also, as a side effect, reduce traffic congestion on the National Highway-766, connecting Kozhikode in Kerala to Kollegal in Karnataka's Chamarajanagar district, according to the project proposal.

Since the proposal, environmentalists under the banner 'Save Bandipur' have been advocating for the preservation of the Bandipur forest. Many awareness campaigns such as the postcard signature camping about the potential impact of the proposed railway project on the forest are been carried out. **–BMB**

NOTES FROM THE FIELD

Seat row turns nasty

A seemingly ordinary bus ride in Bengaluru took a dramatic turn when two passengers engaged in a heated battle over the coveted window seat. This showdown shockingly involved sandals! A video of the bizarre altercation spread across social media. As tensions escalated and bystanders attempted to intervene, the clash over the prized seat reached new heights.

Viral 'infection'

A medical professional faced disciplinary action for staging a pre-wedding shoot within an operation theater in Chitradurga, leading to their dismissal recently. News has also emerged of 38 medical students being suspended for creating reels within the premises of the Gadag General Hospital. As these videos circulated widely on social media platforms, hospital authorities took swift action and suspended the students involved.

Food extravaganza

The Gavi Siddeshwara fair in Koppal district has become a magnet for devotees not only from Karnataka but also from neighbouring states. The recent edition of the fair made history by witnessing an unprecedented turnout, with a staggering 3,179 quintals of food grains consumed over the nine-day extravaganza. Among the culinary highlights were 16 lakh rotis, 10 lakh peanut holiges, 5 lakh mirchi bajjis, along with a feast of 1,200 quintals of rice, 400 quintals of vegetables, and 35,000 liters of milk. Additionally, delicacies like 1,000 kg of ghee, 5,000 kg of pickles, and 5 quintals of red chutney added to the gastronomic spectacle.

Good samaritans

Upon arriving at Kempegowda International Airport, a woman boarded a Vayu Vajra bus. She got off at Hebbal, but forgot to take her luggage. Realising her mistake, she quickly hailed an auto-rickshaw and instructed the driver to pursue the BMTC bus. Despite facing challenges in locating the bus, she persisted. Returning to the airport in the auto-rickshaw, she sought assistance from BMTC officials. Unfortunately, she lacked proof of her journey, having misplaced her bus ticket. The following day, she reached out to another BMTC official who promptly coordinated with staff to trace the Vayu Vajra buses that departed the airport between 7:30 pm and 8 pm. Fortunately, her luggage had been handed over to the Kamakya depot, and she was successfully reunited with her belongings.

Photo-op trouble

A sub-inspector was reassigned from Varthur station to Adugodi station after being caught in a peculiar act of honouring a former Bigg Boss contestant. Following the conclusion of the Kannada reality show, pictures surfaced of Varthur Santosh, one of the contestants, receiving accolades from the local police sub-inspector during his duty hours, alongside other staff members. The images went viral, leading to speculation about the reason behind the officer's sudden transfer, fueling rumors if it was due to the photo session.

–Sridhar Vivan

Touch of grace Classical dancers getting a final touch up to their make-up before a stage performance at Kanteerava Stadium on Sunday **Pic: Kashik JN**

Has scrutiny of Chinese firms by India unnerved suppliers?

In letter to government, smartphone maker requests manufacturing incentives, lowering of import tariffs for some components

China's Xiaomi has told New Delhi that smartphone component suppliers are wary about setting up operations in India amid heavy scrutiny of Chinese companies by the government, according to a letter and a source with direct knowledge of the matter.

Xiaomi, which has the biggest share in India's smartphone market at 18%, also asks in the letter dated Feb. 6 that India consider offering manufacturing incentives and lowering import tariffs for certain smartphone components. The Chinese company assembles smartphones in India with mostly local components and the rest imported from China and elsewhere. The letter is Xiaomi's response to a query from India's information technology ministry asking how New Delhi can further develop the country's component manufacturing sector.

India ramped up scrutiny of Chinese businesses after a 2020 border clash between the two countries killed at least 20 Indian soldiers and four from China, disrupting investment plans of big Chinese companies and drawing repeated protests from Beijing.

While Chinese companies operating in India are reticent to speak publicly about the scrutiny, Xiaomi's letter shows that they continue to struggle in India, especially in the smartphone space where many critical components come from Chinese suppliers. In the letter, Xiaomi India President Muralikrishnan B. said India needed to work on "confidence building" measures to encourage component suppliers to setup operations locally.

"There are apprehensions among component suppliers regarding establishing operations in India, stemming from the challenges faced by companies in India, particularly from Chinese origin," Muralikrishnan said, without naming any companies.

"There are apprehensions among component suppliers regarding establishing operations in India, stemming from the challenges faced

The letter said the concerns were related to compliance and visa issues that it didn't elaborate on, and other factors. It said "the government should address these concerns and work to instil confidence among foreign component suppliers, encouraging them to set up manufacturing facilities in India."

Xiaomi and the IT ministry did not respond to queries for further information and comment.

Indian authorities last year accused Chinese smartphone company Vivo Communication Technology of breaching some visa rules and alleged it siphoned $13 billion in funds from India.

India has also frozen more than $600 million in Xiaomi assets for alleged illegal remittances to foreign entities by passing them off as royalty payments.

Both Chinese companies deny any wrongdoing.

Other than regulatory scrutiny of the likes of Xiaomi and Vivo, India has since 2020 also banned more than 300 Chinese apps, including ByteDance's TikTok, and halted planned projects such as those planned by Chinese automakers BYD and Great Wall Motor.

The source said many executives of Chinese electronics companies struggle to get visas to enter India, and their companies continue to face slow clearances for investments due to heavy scrutiny by New Delhi.

In the letter, Xiaomi's Muralikrishnan also made a case for further lowering India's import tariffs, just after New Delhi's Jan. 31 move to reduce import taxes on battery covers and phone camera lenses.

Reuters

FINANCE FUNDAS

4 ways to check your EPF balance

The Central Board of Trustees (CBT) EPF has proposed an annual rate of interest on EPF accounts for the fiscal year 2023-24. This interest rate will be formally announced in the government gazette if approved by the Ministry of Finance. EPFO will then credit the agreed rate of interest to its EPF subscribers' accounts. For the fiscal year 2023–2024, the CBT suggested crediting members' EPF accumulations with an annual rate of interest of 8.25%. The interest rate earlier was 8.15%.

According to the PIB release dated February 10, 2024, "The Board has recommended a distribution of historic income amount of Rs. 1,07,000 crore to EPF members' accounts on a total principal amount of about Rs. 13 lakh crore, which was Rs. 91,151.66 crores and Rs. 11.02 lakh crore in the financial year 2022-23, respectively. The total income recommended for distribution is the highest on record."

How to check EPF balance:

Using Umang app

Employees can access the Umang app on their smartphones. Users can submit claims, view their EPF Passbook, and follow their claims using the software. Enter your phone number and finish a one-time registration to get started.

Using EPFO portal

On the EPFO website, go to the section for employees and click on "Member Passbook." By entering your UAN and password, you can access the PF passbook. The total of any PF transfers as well as the amount of PF interest generated will be shown. The balance can be viewed in a passbook.

Using missed call

If you are registered on the UAN site, you can access the information by making a missed call from your registered mobile number to 011-22901406. Make sure your bank account information, Aadhaar, and PAN are seeded into your UAN. You might even request that your employer plant them for you. There is no charge for this service.

By sending SMS

If your UAN is registered with the EPFO, you may get information about your most recent contribution and PF balance by sending an SMS to 7738299899. You have to send the following communication: UAN EPFOHO ENG. The first three letters of the requested language are "ENG." To receive the message in Marathi, enter EPFOHO UAN MAR. Verify that your bank account, Aadhaar, and PAN are seeded into your UAN, or update the most recent data.

— By Sneha Kulkarni, ET Online

Budget Session likely to prove a hot one

Government, opposition likely to lock horns over Centre-State row as session begins today

The Karnataka legislature's Budget Session, which will begin on Monday, is expected to be fraught, with the Centre's alleged discrimination against the state and the accusations of corruption and poor governance faced by the Siddaramaiah-led government likely to take centre-stage.

The Congress government is expected to showcase its agenda ahead of the Lok Sabha polls later this year through the Governor's address and presentation of the State Budget, while the opposition BJP and JD(S), which are set to fight the polls jointly, look to show the government in poor light by highlighting the allegations against the administration. The 10-day session, which will commence with Governor Thawaarchand Gehlot's address to the joint session of both houses of the state legislature, will see Chief Minister Siddaramaiah presenting his record 15th Budget on February 16.

The session, which will conclude on February 23, is also expected to be stormy as the united opposition of the BJP and JD(S) are likely to corner the government on a host of issues, which the ruling Congress has vowed to strongly counter them. The BJP and JD(S) are expected to attack the Siddaramaiah administration, alleging poor management of the drought situation, lack of development, deteriorating law and order situation, mismanagement of state's finances, and corruption, among other issues.

Karnataka State Contractors' Association President D Kempanna's recent allegation that the former BJP administration's practice of taking 40 per cent 'commission' on government contracts continues even under the Congress dispensation because of corrupt officials, is likely to give ammunition for the opposition.

Incidents of disturbances, some of them with communal undertones, are also likely to come up, including the issue of the removal of a saffron flag (Hanuma dhwaja) by government authorities at Keragodu village in Mandya district, and police action on BJP activists and villagers who protested against it. The opposition had protested vehemently over the issue even as the government explained that the villagers had replaced the national flag and hoisted the Hanuma Dhwaja in its place, which is what necessitated the action.

Also, the "separate nation" remark by Deputy Chief Minister D K Shivakumar's brother and Congress MP from Bangalore Rural D K Suresh, which had elicited sharp reactions from the BJP, is also likely to be taken up by the opposition. – PTI

Your Connect

business

FOR SALE

IT Pvt Ltd company Bangalore 2012 March registered. Zero liability. Compliant on all statutory requirements. Ideal for overseas company looking to setup office with older registrations. #9845388189

real estate

BANGALORE PROPERTIES

INDIRA NAGAR

HAL 2nd stage near 12th main 60x90 with house for sale,and 40x60 near Indira nagar club sale, for details Call: 9845004248

KENGERI

SITE for Sale 30X50, A Khata at Bande Matta, Kengeri Upanagara, BBMP approved, 1km from Kengeri Metro Station 0.5km from Ring Road, No. of sites-7. Price Rs. 8500/- sqft non nego. Mob:- 9845589999.

KUMARA PARK

Fully Furnished 2500sqft office for rent

Cubicles, cabins, and meeting room built. South end street, Kumara park east

Contact - 8431632549

PADMANABHA NAGAR

HIGH-END quality & Vaastu compliant 3BHK flats for sale.Opp Kadirenahalli petrol pump.Ready2move. Rs. 78 lks+Reg. 9739703182,9739702982.

RMV EXTENSION

3 BHK and 2 BHK flats for Sale with CC & OC @ RMV 2nd stage, Nagashetty Halli. Completion January, 2025. 98 Lakhs onwards. Ct 63623 77418

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

OUTSIDE BANGALORE

MYSORE

SITES @ Mysore DTCP 'A' Khata, RERA, 90% Bank Loan, Immd Reg, off Hunsur Rd, 5Min: NH Yelwala. 10min: Ring Rd, Infosys,vijaya ngr,15min Palace/Railway Station. GSS: www.gssprojects.in 9845287802 / 8050001571.

personal

CHANGE OF NAME

I Malavika Nair, daughter of M Shrikumar Nair residing at 58 Nandanam , Halcyon Defence Enclave ,Bagalur, Bengaluru 562149 state that my name in the passport reads as Malavika Shrikumar Nair instead of my correct name Malavika Nair as mentioned in my Aadhar Card

I, Meraj Ahmed Samsheer Ahmed S/o, Shamsheer Ahmed R/o 16 Patel Nanjundappa Rd, kammanahalli Main Rd Cross, ramaswamy Palya B'lore-560033 have changed my name to Meraj Ahmed Shamsheer for all purposes.

I, Asrar Ahmed Shamsheer Ahmed S/o Shamsheer Ahmed Khursheed Ahmed R/o 16 Patel Nanjundappa Rd kammanhalli Main Rd Ramaswamy Palya B'lore -560033 have changed my name to Asrar Ahmed Shamsheer for all purposes.

I, Azam Khan M A K S/o Abdul Rehman Khan #324 Modi Rd Blr-45 In My Passport My Father Name is Wrongly Mentioned as Abdul Rahim Khan But actual and correct Name is Abdul Rehman Khan

I Savitha Singh Mondal W/O, Partha Pratim Mondal R/o S-15, Dhruva Coral, Nagasandra Bangolore 560073 have changed my name to Savitha Singh.

GALLERIA

Cushioning ecological impact of business corridor

CONTINUED FROM PAGE 1

Jarakabande forest where the diversion of 7.91 ha is proposed. As part of the project, flyovers have been proposed along the Jarakabande Tank, Chinnagenahalli Lake, Chikkabanahalli Lake, Gunjur Lake, Chikkatogur Lake and Thirumenahalli Lake. The proposed alignment of PRR passes through three major valley systems namely Vrishabhavathi, Hebbal and Koramangala-Challaghatta.

Some of the lakes such as Chikkabanavara, Varthur, Yelahanka, Kogilu, Jakkur, Rampura, Yellamallappa Chetty amongst other waterbodies coming under Madavara lake series, Yellamallappa Chetty lake series, and Varthur Lake series are part of the study area for the project. The EIA noted these lakes are polluted due to the entry of sewage from nearby areas which has led to foul odour, unaesthetic conditions, foaming and so forth.

It further said that while a significant increase in air pollution is not expected, there will be an increase in noise pollution. The KSPCB had proposed the installation of noise barriers all along the project road in a phased manner. In addition, green belt development and avenue plantation also form an effective sound barrier during the operation stage. Installation of polycarbonate noise barriers could reduce the noise levels by half.

For example, after operationalising the project, the sound from the two-wheelers are expected to be at around 80 dBA (A-weighted decibel) and with barriers installed, it could be reduced to 44 dBA. Roughly in 12 locations such noise barriers have been proposed.

For the conservation of Schedule 1 animals such as Indian peafowl, Black shouldered kite, Black kite and Brahminy kite found in the site as per the survey, the BDA was suggested to spend Rs 16 lakh towards environment education & awareness at 20 schools in the study area and provide financial assistance to the Karnataka forest department for habitat improvement in Puttenahalli Lake Bird Conservation Reserve.

As per the prevailing guidelines of Union Ministry of Environment, Forest and Climate Change and Karnataka Forest Department, the Bangalore Development Authority has to pay NPV (net present value) and cost for compensatory afforestation; the BDA would be required to spend Rs 58,37,580 towards NPV for diversion of 7.91 ha of forest land and cost of compensatory afforestation. To compensate for the forest diversion, 36.10 acres of land have been identified in survey no. 156 of Mantapa Village, Jigani Hobli, Anekal Taluk, Bengaluru Urban district which is adjacent to the Bannerghatta National Park.

Additionally, Rs 15 crore will be spent towards the rejuvenation of the six lakes; Rs 2.5 crore has been estimated for each lake; three lakes have been proposed for revival in the first year and three lakes have been proposed for the second year.

To limit the impact on the environment, construction activities will be carried out only between 6 am to 6 pm only and will completely stand suspended during nighttime to avoid psychological distress on local people and faunal species in Jarakabande RF, said the EIA.

However, BDA officials said, to reduce noise pollution, the focus should be on improving public transport. "Once operational, there will be an increase in noise with vehicle passage. Noise levels should be mitigated by increasing public transport usage," said a senior BDA official. "We don't understand why forests are being impacted at a time when Bengaluru is struggling with water scarcity. Officials should consider building alternative routes and protecting forests. According to the forest department, Karnataka should have 33% of forest cover but it is reduced to 19-20%. Out of that, just 3% is for the protection of wildlife in terms of reserve forests, national parks and wildlife sanctuaries. This project is likely to increase human-animal conflict," said Joseph Hoover, an environmentalist. To pursue the project sustainably, environmentalists are of the view, fodder and water security for wildlife should be ensured.

"Already we have instances of animals reaching the heart of the city as we are witnessing a rise in human-animal conflict. The government should work towards ensuring sources of food and water outside Bengaluru. At least 20% of the project cost should be spent towards improving the environment," said environmentalist Dr AN Yellapa Reddy.

HEALTH TIP: Studies have found drinking beetroot juice can combat high blood pressure

Maintaining well-hydrated skin is a year-round essential, with water consumption playing a pivotal role in achieving this goal

BangaloreMirror 9
Monday, February 12, 2024
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

SO BAD, IT'S GOOD

Anger, sadness, boredom, anxiety – emotions that feel bad can be quite useful

Remember the sadness that came with the last time you failed miserably at something? Or the last time you were so anxious about an upcoming event that you couldn't concentrate for days?

These types of emotions are unpleasant to experience and can even feel overwhelming. People often try to avoid them, suppress them or ignore them. In fact, in psychology experiments, people will pay money to not feel many negative emotions. But recent research is revealing that emotions can be useful, and even negative emotions can bring benefits.

In my emotion science lab at Texas A&M University, we study how emotions like anger and boredom affect people, and we explore ways that these feelings can be beneficial. We share the results so people can learn how to use their emotions to build the lives they want.

Our studies and many others have shown that emotions aren't uniformly good or bad for people. Instead, different emotions can result in better outcomes in particular types of situations. Emotions seem to function like a Swiss army knife – different emotional tools are helpful in specific situations.

Sadness can help you recover from a failure

Sadness occurs when people perceive that they've lost a goal or a desired outcome, and there's nothing they can do to improve the situation. It could be getting creamed in a game or failing a class or work project, or it can be losing a relationship with a family member. Once evoked, sadness is associated with what psychologists call a deactivation state of doing little, without much behavior or physical arousal. Sadness also brings thinking that is more detailed and analytical. It makes you stop and think.

The benefit of the stopping and thinking that comes with sadness is that it helps people recover from failure. When you fail, that typically means the situation you're in is not conducive to success. Instead of just charging ahead in this type of scenario, sadness prompts people to step back and evaluate what is happening.

When people are sad, they process information in a deliberative, analytical way and want to avoid risk. This mode comes with more accurate memory, judgment that is less influenced by irrelevant assumptions or information, and better detection of other people lying. These cognitive changes can encourage people to understand past failures and possibly prevent future ones.

Sadness can function differently when there's the possibility that the failure could be avoided if other people help. In these situations, people tend to cry and can experience increased physiological arousal, such as quicker heart and breathing rates. Expressing sadness, through tears or verbally, has the benefit of potentially recruiting other people to help you achieve your goals. This behavior appears to start in infants, with tears and cries signaling caregivers to help.

> **Studies have shown that emotions aren't uniformly good or bad for people. Instead, different emotions can result in better outcomes in some particular situations**

Anger prepares you to overcome an obstacle

Anger occurs when people perceive they're losing a goal or desired outcome, but that they could improve the situation by removing something that's in their way. The obstacle could be an injustice committed by another person, or it could be a computer that repeatedly crashes while you're trying to get work done. Once evoked, anger is associated with a "readiness for action," and your thinking focuses on the obstacle.

The benefit of being prepared for action and focused on what's in your way is that it motivates you to overcome what's standing between you and your goal. When people are angry, they process information and make judgments rapidly, want to take action, and are physiologically aroused. In experiments, anger actually increases the force of people's kicks, which can be helpful in physical encounters. Anger results in better outcomes in situations that involve challenges to goals, including confrontational games, tricky puzzles, video games with obstacles, and responding quickly on tasks.

Expressing anger, facially or verbally, has the benefit of prompting other people to clear the way. People are more likely to concede in negotiations and give in on issues when their adversary looks or says they are angry.

Anxiety helps you prepare for danger

Anxiety occurs when people perceive a potential threat. This could be giving a speech to a large audience where failure would put your self-esteem on the line, or it could be a physical threat to yourself or loved ones. Once evoked, anxiety is associated with being prepared to respond to danger, including increased physical arousal and attention to threats and risk.

Being prepared for danger means that if trouble brews, you can respond quickly to prevent or avoid it. When anxious, people detect threats rapidly, have fast reaction times and are on heightened alert. The eye-widening that often comes with fear and anxiety even gives people a wider field of vision and improves threat detection.

Anxiety prepares the body for action, which improves performance on a number of tasks that involve motivation and attention. It motivates people to prepare for upcoming events, such as devoting time to study for an exam. Anxiety also prompts protective behavior, which can help prevent the potential threat from becoming a reality.

Boredom can jolt you out of a rut

There is less research on boredom than many other emotions, so it is not as well understood. Researchers debate what it is and what it does.

Boredom appears to occur when someone's current situation is not causing any other emotional response. There are three situations where this lack can occur: when emotions fade, such as the happiness of a new car fading to neutral; when people don't care about anything in their current situation, such as being at a large party where nothing interesting is happening; or when people have no goals. Boredom does not necessarily set in just because nothing is happening – someone with a goal of relaxation might feel quite content sitting quietly with no stimulation.

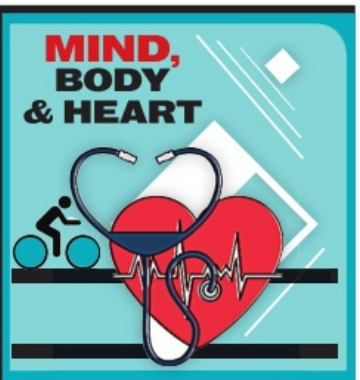
Psychology researchers think that the benefit of boredom in situations where people are not responding emotionally is that it prompts making a change. If nothing in your current situation is worth responding to, the aversive experience of boredom can motivate you to seek new situations or change the way you're thinking. Boredom has been related to more risk seeking, a desire for novelty, and creative thinking. It seems to function like an emotional stick, nudging people out of their current situation to explore and create.

Using the toolkit of emotion

People want to be happy. But research is finding that a satisfying and productive life includes a mix of positive and negative emotions. Negative emotions, even though they feel bad to experience, can motivate and prepare people for failure, challenges, threats and exploration.

Pleasant or not, your emotions can help guide you toward better outcomes. Maybe understanding how they prepare you to handle various situations will help you feel better about feeling bad.

(By Heather Lench, Texas A&M University, The Conversation)



All you need to know about...

Heart attack symptoms

Different symptoms for men and women
Sweating, nausea, dizziness and unusual fatigue may not sound like typical heart attack symptoms, but are common in women, and may occur more often when resting or asleep, according to a study.

Unique manifestations
Unlike with men, pain, pressure or discomfort in the chest are not always severe or even the most prominent heart attack symptom in women. That's why women need to understand their unique symptoms while also working to reduce their risk of heart disease, revealed researchers at the Mayo Clinic.

Misinterpretation
When women feel symptoms of a heart attack, the signs are misinterpreted. Women's symptoms often are vague -- shortness of breath, nausea/vomiting, and back or jaw pain. Other women experience dizziness, lightheadedness, pain in the lower chest or upper abdomen, extreme fatigue.

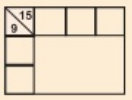
Recognise risk
"It's important to first recognise the risk factors of developing heart disease and then work to curb behaviours that might exacerbate that risk," said Chatura Alur, family medicine physician at Mayo Clinic Health System in Mankato. "Some factors play a more significant role in the development of heart disease in women than what are considered the traditional risks, such as high cholesterol, obesity and high blood pressure," Alur added.

Control factors
To help prevent heart disease, women should control risk factors like diabetes, mental stress and depression, smoking and sedentary lifestyle. Certain conditions, including menopause, broken heart syndrome and pregnancy complications also may increase a woman's risk for heart disease. **IANS**

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

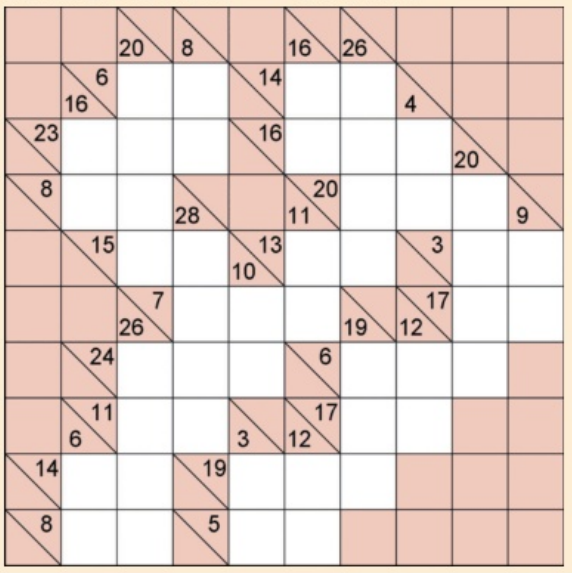
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

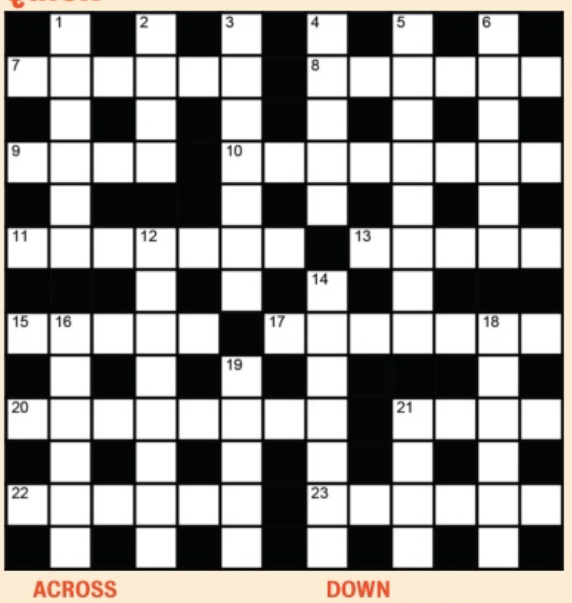


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Cringe (6)
8 Drags behind (6)
9 Prophet or visionary (4)
10 Spilling the beans (8)
11 A stronghold – "Obtrude" anagram? (7)
13 Meet and pass (5)
15 Roofing tile (5)
17 Chemical-free (7)
20 Naive (8)
21 Indonesian island (4)
22 Very cold (6)
23 Lubricating (6)

DOWN

1 Athens locale (6)
2 Declare to be true (4)
3 Arabian Nights hero (3,4)
4 Lieu (5)
5 Capital of Australia (8)
6 Winks; twinkles or glimmers (6)
12 Science of reality (8)
14 Park in Bangalore's Central Business District (7)
16 Paris tourist attraction (6)
18 One behind another (2,4)
19 Dwelling place (5)
21 Not afraid to go ahead (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Z EQUALS G

YWAQFT, OTAJDOR, WR VGQJWVZ UGAT QJDV OGNWQTVTRR GK RGFN.

Linemaro

You are the beautiful cupcake in a world full of muffins

Mindchow

Be who you are, say what you feel because those who mind don't matter, and those who do don't mind

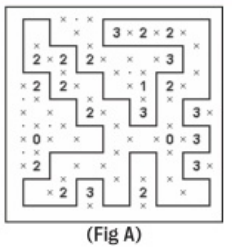
Joke of the day

Chopsticks are one of the reasons the Chinese never invented custard

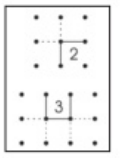
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



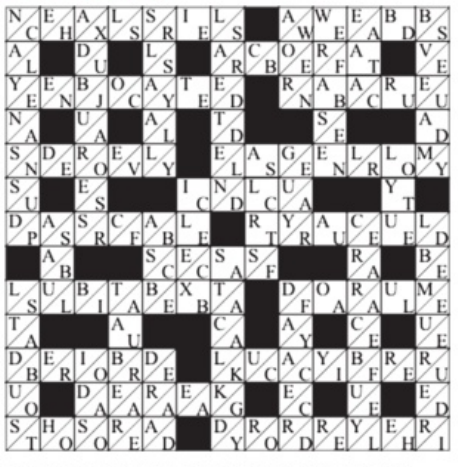
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7			M	
8				
9				

ACROSS

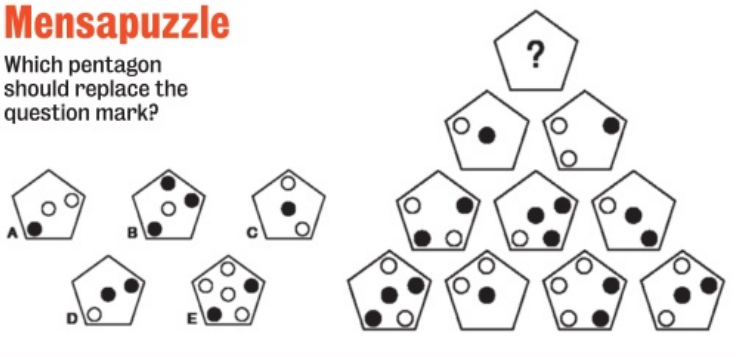
1 I a cab; 6 Viral; 7 Go men; 8 A due I; 9 Soldi

DOWN

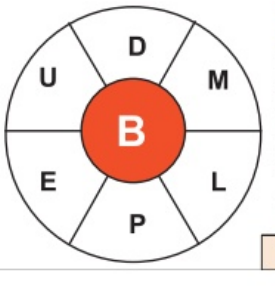
1 La rag; 2 Bid in; 3 Via do; 4 Comae; 5 Lieus

Mensapuzzle

Which pentagon should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

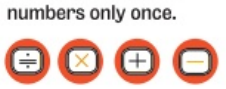
SudokuChallenge

5			6		7			9
	4			1			2	
		7				5		
2			3		9			7
	5	4				9	8	
1			5		8			2
		3				2		
	9			7			1	
8			1		2			4

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 16

3 4 7 8

Medium = 8

2 4 5 5

Hard = 3

2 5 7 4

Hocusfocus

Find at least six differences in details between panels.

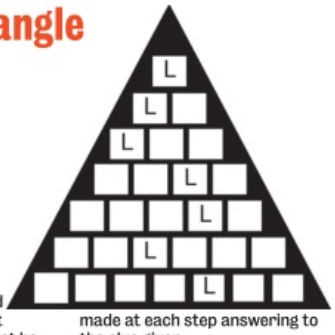
Differences: 1. Sleeve is shorter. 2. Sign is smaller. 3. Apron is different. 4. Hat is different. 5. Man has less hair. 6. Arm is lower.

Riddler

My author's uncertain yet my title's the same, I contain random text yet order's my aim. Read me one day and see my pages are totally bare. Try again another day and the words will be there. I'm not a book of magic although it may sound, I can predict the future, and inside, your life can be found. Move my eye, I become involved in lactic extraction. But that's just a clue, a minor distraction. What am I?

Alpha triangle

1 Learner's plate
2 French article
3 Showed the way
4 Unite metals
5 Use
6 More feral
7 Spun or whirled



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

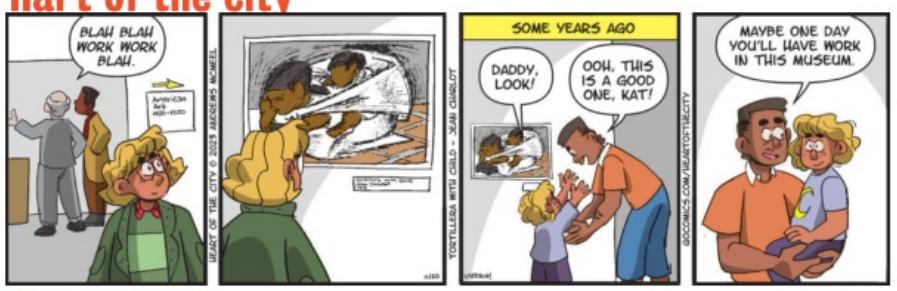
Redeye by Mel Casson

BAD NEWS! A BRUSH FIRE JUST WIPED OUT OUR ENTIRE CORN CROP!
COMPLETELY LEVELED IT, I SUPPOSE!
NOT EXACTLY. IN FACT, WE RENAMED IT MOUNT POPCORN!
SALT
BUTTER

Bizarrotrip

Diamond Lil

Hart of the city



Crankshaft

OH, MY...
IT LOOKS LIKE I DON'T HAVE ANY RUM TO MAKE MY HOLIDAY RUM BALLS!
I WONDER IF I CAN MAKE THEM WITH THIS HARD LEMONADE INSTEAD?

Mutts

I'VE BEEN ABANDONED. I'M HUNGRY...THIRSTY... CHAINED...ALONE... AND...I'M...FADING...
OH, IF ONLY AN ANGEL COULD APPEAR
AND SAVE... ME...
HEY, MOOCH, LET'S GO VISIT GUARD DOG!
YESH!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon. Money that was stuck may be recovered now, which may increase liquidity in your business. You may be in a leading position in your office in terms of a project. You are likely to get incentives in terms of promotions. Bonding with the spouse is likely to be improved, which may create domestic harmony.

Taurus Apr 21 – May 20
Today you may resolve many problems with the help of your way of speaking. You may also plan for some advanced courses to enhance your skills, which may be beneficial for your career in the near future. Love birds may enjoy romantic moments. You may be able to gain control over your opponents and rivals. You may also plan for a house or vehicle loan.

Gemini May 21 – Jun 21
Today you may be busy with your kid's education. You are likely to travel for that purpose too. You may also plan for a change in your current job. You may also plan for higher education to enhance your career. You may also hear some good news in terms of a competitive examination. Love birds may enjoy happy moments.

Cancer Jun 22 – July 23
Today you are likely to have a change in your place or position. You are advised to read any document carefully before putting your signature. You are advised to be careful in terms of a parent's health. Investments in risky assets may lead to losses, so it is suggested that you postpone making an investment for some days.

Leo Jul 24 – Aug 23
Today you should control your straightforwardness, as it may affect terms with the people around you. You may plan to renovate your house and may also spend on some artefacts for the home. You are likely to enjoy some social event, which may increase your network. You may also invest some capital in your family business.

Virgo Aug 24 – Sep 23
Today you may be blessed by the moon. After a sound sleep, you may feel healthy, and may enjoy every moment. The moon's influence will make you confident, which may reflect into your way of working. Old health issues may be resolved now. You are likely to help some needy person, which may increase respect for you.

Libra Sep 24 – Oct 22
Today, you may feel unhappiness and may feel dull and unhealthy. This affects your way of working. You may witness some delay in your current projects, which may lead to some issues in the future. You are advised to avoid any adventure tour or rush driving. Love birds may experience turbulence in your relationship.

Scorpio Oct 23 – Nov 22
Today you are likely to get some big orders, which may increase your business. With the help of some influential person, you are likely to get benefits at work. You may also expect promotions. Job seekers may get a suitable job. You are likely to plan to renovate your house or office, which will enhance your status. You may enjoy your romantic moments with your loved one.

Sagittarius Nov 23 – Dec 22
Today, you may be busy at work. Overload at the workplace may make you tired mentally and you may not be able to enjoy some family events or you may arrive very late, which can affect your domestic harmony. Your efficiency may be praised by your seniors, which may lead towards promotion in the current job.

Capricorn Dec 23 – Jan 20
Today you are blessed by elders. Last few days' crunch may be resolved now and destiny may help you. Projects that had to be stopped are likely to start automatically. Money which was stuck is likely to be recovered. You may also plan for a religious trip with the family members, which may increase your inner strength. You may get a chance for an overseas trip or long-distance travel also.

Aquarius Jan 21 – Feb 19
Today you are blessed by the moon and you may be energetic. You may take fast decisions in terms of your business. Your subordinates may help you complete your project before time, which may increase trust in your abilities. Disputes with the siblings may be resolved now. Those who are in jobs may get some incentives in terms of promotions.

Pisces Feb 20 – Mar 20
Today you may be affected by a negative moon, which may make you upset and arrogant. You may be ready for sudden and unexpected changes in your daily routine. Your profits may be converted into losses, so it is advised that you postpone making investments for some days. You may be in a phase of self exploration, which may lead you towards the reality of life.

KIDZONE

Augustin M P, 9 Years, Indiranagar Cambridge School

Praveen M, 14 Years, SVN English High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
8×15/5 = 24

BULL'S EYE
bled, blue, bump, bumped, dump, plumb, PLUMBED

STRIKE OUT

C	H	A	S	S	I	S	W	E	E	D	S			
L	D	L	A	B	O	R	T		E					
E	N	J	O	Y	E	D	N	A	C	R	E			
A	U	L	D	S	D									
N	E	R	V	Y	E	A	G	E	R	L	Y			
U	E	I	N	C	A	Y								
P	A	S	C	A	L	T	R	A	C	E	D			
B	C	E	S	S	A	E								
S	U	B	T	E	X	T	F	O	R	U	M			
A	U	A	E	U										
T	H	O	R	A	Y	O	D	E	L	E	R			

FAST FIVE

A	B	A	C	I
R	I	V	A	L
G	N	O	M	E
A	D	I	E	U
L	I	D	O	S

RIDDLER
A Diary

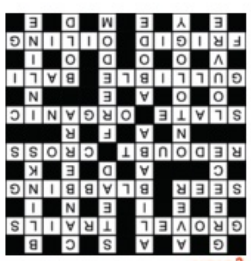
QUOTE UNCODE
Virtue, perhaps, is nothing more than politeness of soul.

SUDOKU

5	2	1	6	3	7	8	4	9
6	4	8	9	1	5	7	2	3
9	3	7	2	8	4	5	6	1
2	8	6	3	4	9	1	5	7
3	5	4	7	2	1	9	8	6
1	7	9	5	6	8	4	3	2
7	1	3	4	5	6	2	9	8
4	9	2	8	7	3	6	1	5
8	6	5	1	9	2	3	7	4

MENSA PUZZLE
D: the contents of each pentagon are determined by the contents of two pentagons immediately below it. Only when a dot appears in one of the corner positions or centre just once in these two pentagons, is it carried forward to the pentagon above.

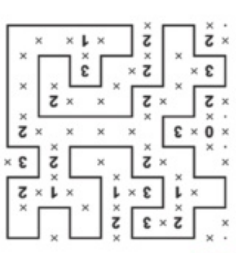
QUICK



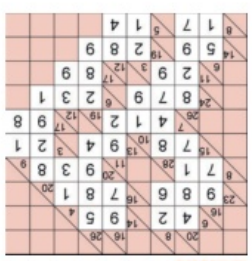
ALPHA TRIANGLE
D: the contents of each pentagon are determined by the contents of two pentagons immediately below it. Only when a dot appears in one of the corner positions or centre just once in these two pentagons, is it carried forward to the pentagon above.

GO FIGURE
Easy
8 + 7 + 4 − 3 = 16
Medium
2 × 5 − 4 + 5 = 8
Hard
2 − 7 / 5 + 4 = 3

LOOP



KAKURO



Volume No 17, Issue No 031 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

On the job

Actress Samantha Ruth Prabhu, who was earlier diagnosed with Myositis, has resumed work. The actress took to the Stories section of her Instagram and shared that she is back to work.

She also shared that she was "completely jobless" ever since she announced taking a break from acting. The 'Super Deluxe' actress further shared that she will be working on a health podcast. The podcast will debut next week.

"Yes, I am going back to work, finally. But apart from that, in the meantime, I was so completely jobless. But, I am doing something fun with a friend. It's a health podcast. It is quite unexpected, but it is something that I really, really love. I am extremely passionate about it and I am very excited that it is releasing next week. I hope that some of you really find it extremely useful. And, I think I have enjoyed making this (sic)," she said.

She had announced break from acting in July last year, after she wrapped up the shoot for the Indian counterpart of 'Citadel'.

She shared on Instagram she would be prioritising her health. IANS

What is love?

Katrina reveals nothing can put her off this sweet emotion

Katrina Kaif, now married to Vicky Kaushal, frequently shares glimpses of their joyful married life. However, she once struggled with handling breakups. In an older interview, the Merry Christmas actress had opened up about overcoming the challenges of breakups, sharing how she developed resilience through her experiences.

The interview, conducted in 2016, captured Katrina expressing her evolving perspective on love.

She had told DNA,"My take on love is never going to change. I feel my views on love have grown and evolved. I have learned to deal with relationships, people, learnt to be less selfish, more giving, more supportive of a person's dreams, more supportive of a person's internal growth apart from your own and understanding the person better. That comes with maturity but your belief in love, your conviction in love, the passion that you feel when you are in love, the integrity that you believe and hope for out of love, hopefully, for me, will always be the same." The actress was also in a relationship with 'Animal' actor Ranbir Kapoor but they later parted ways. She further added in the same interview, that nothing and nobody can put her off love. **-ETimes**

'Horror is everything to me'

Actor Jenna Ortega, known for projects like 'Wednesday', 'X' and 'Scream', said "horror is everything" to her, according to People.

While talking about her 2024 Super Bowl commercial, the 'Wednesday' star shared, "I would do horror until I die. It's the best."

Ortega said that the genre will "always be home" for her, and added, "I love horror [movies] because they encapsulate everything. They can be romantic, they can be funny, they can be dramatic, they can be scary. They're adrenaline-inducing and ignite passion in people, even scaredy-cats."

As a fan herself, the 'Beetlejuice 2' star loves watching the genre as much as acting in it.

"I try to watch as much as I can just for my job, which is wonderful because movies are my favourite thing in the world, and I get to call that homework," she told People. "So I think there's just something beautiful about horror and profound."

Despite her love of the genre and frequency of acting in scary movies, Ortega said she "can't claim" the title of "scream queen."

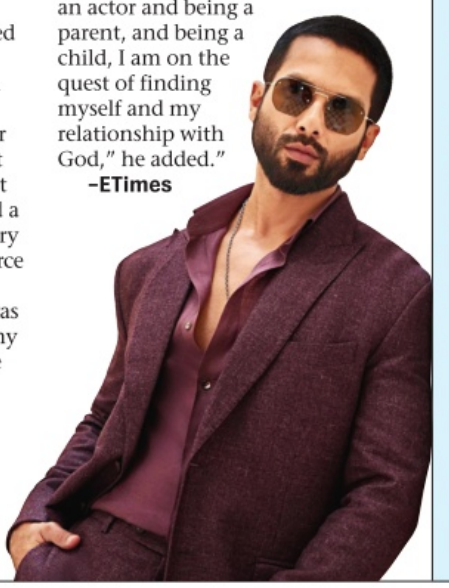
"I respect the title too much, and I want to give it to so many other people," she says.

The star recently took her acting skills to a new place, a Super Bowl commercial. **-ANI**

Spiritually speaking

Actor Shahid Kapoor, currently starring in the film 'Teri Baaton Mein Aisa Uljha Jiya,' recently shared about going down a spiritual path when he felt uncertainty in his life. During a conversation with Quint Neon, Shahid Kapoor was asked about an incident that shaped up his life and he said, "It is my spiritual path. I always had a spiritual leaning. I was always very curious about life, about the source of life, about why we are here, what's the point of it all, and I was very lost because I didn't have any answers so I couldn't make sense of anything."

"I follow the Radha Soami path. I really connected with it, and I think that helped me set context to everything. I think that helped me understand things much better, and understand myself better. And I think, amongst other things, like being an actor and being a parent, and being a child, I am on the quest of finding myself and my relationship with God," he added." **-ETimes**



SANDALWOOD SHOTS
Y MAHESWARA REDDY

With cultural bent

Well-known director-cum-producer R Chandru wants to use his fans' association for social and cultural activities.

Chandru's fans started the Akhila Karnataka R Chandru Abhimanigala Sangha on the occasion of their hero's birthday on Wednesday. "I advised them to be involved in social and cultural activities. I give importance to rejuvenation of irrigation ponds in rural areas. Rejuvenation of such ponds will be a great help for farmers and cattle," said Chandru.

Chandru's fans gathered at his home and arranged a huge cake on the occasion. "Talks are on with my fans at taluk and district level. I want them to organise programmes for the welfare of poor," Chandru said. Chandru, who hails from an agricultural family at Keshavara, came to Bengaluru to earn money to dig a borewell at his two-and-half acre agricultural land.

Recently, Chandru announced his decision to make five movies under the RC Studios banner.

Between light and dark

One more film of the horror genre is ready for release. Kappu Bilupina Naduve is a film about Devagiri, a village near a forest situated 30 km away from Kanakapura. Vasanth Vishnu debuts as a director with this movie while Dharmendra, an ayurveda doctor, has bankrolled it.

"I acted in four Kannada movies and was also involved in direction. The movie's title can be compared with positive and negative energy or light and dark. It is a horror movie but it does not have ghosts," said Vasanth Vishnu. The director said it revolves around some YouTubers. "The movie is a new experiment for me. The shooting was held at a village near a forest. Post-production work of the movie is over. We are planning to release it in Kannada and Tamil," he said.

The trailer of the movie has received a positive response. Dharmendra said he agreed to bankroll the movie because he found the script very interesting.